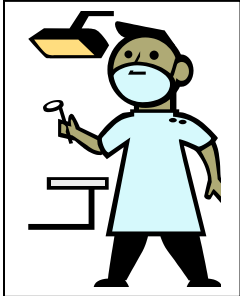
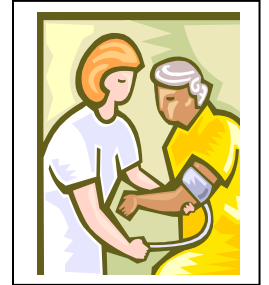


# Senior Wellness Day



Thursday May 30<sup>th</sup> 10:30am-2:00pm  
Cliffside Park Senior Activity Center  
550 Gorge Road  
201-943-3768



## Screenings

Oral Cancer ~ Glucose ~ Cholesterol  
Body Mass Index ~ Pulse-ox (oxygen  
levels)

Blood Pressure ~ Waste Circumference  
~Aroma Therapy

## Informational Tables

Diabetic Diet ~ Health First ~Senior  
Activity Center

CP Senior Wellness Program~ DSS  
Nutrition Education

## **Live Demonstrations of our Healthy Living Classes**

Line Dance - Helen Rao	10:30am
Senior Fitness- Donna Dabal	11:00am
Zumba Gold- Debra Rodriquez	1:00pm
Tai Chi- Master Lin	1:30pm

***Healthy Lunch will be Served at 12 noon***

